

DRURIDGE BAY HALF MARATHON

Sunday MAY 20th 2012. 9.30am



Under ARC Rules

Permit Number: 12/32

THIS EVENT TAKES PLACE IN CONJUNCTION WITH THE DRURIDGE BAY MARATHON

Druridge Bay Country Park comprises several miles of beach and sand dunes on the beautiful Northumberland Coast, plus 2 large freshwater lakes surrounded by woods and meadows. It is situated on the A1068, 3 miles south of Amble and approx. 20 miles north of Newcastle. There is plentiful B & B accommodation nearby. See www.visitnorthumberland.com/do/druridge-bay-country-park ("Attractions" section) for links to travel and accommodation.

Venue: Visitor Centre, Druridge Bay Country Park, Nr Hadston, Morpeth, Northumberland

Start/Finish: Close to Visitor Centre. To be run in conjunction with Druridge Bay full marathon

Facilities: Toilets, baggage storage & cafe in Centre, (no liability accepted for loss) Pay car parks on site.

Course: A multi terrain Garmin measured 13.1 miles consisting of 2 laps on good footpaths around the Lakes, (4 laps for the full marathon,) plus a section of beach & unclassified road within the Park. Map and route instructions posted on www.northeastmarathonclub.co.uk

First Aid: Provided by St John Ambulance

Drinks: Water & orange

Entry Limit: 50. No entries on the day **Minimum Age:** 17 years

Time Limit: 3 hours.

Registration: In Centre from 8.30 am. Presentation in Visitor Centre from 12 noon

Awards: Memento to all finishers. Trophies for 1st M & F plus 1st M & F Vet in each 10 year age group.

Entry fee: £10 ARC and UKA affiliated £12 unattached. Make cheques payable to "North East Marathon Club"
Sorry, no refunds, no deferrals, No EOD. Closing date 6th May 2012

.....PLEASE PRINT CLEARLY & DETACH

FIRST NAME _____ SURNAME _____ SEX: M/F: _____

AGE ON RACE DAY: _____ DOB: _____ AFFILIATED: Yes/No NAME OF CLUB: _____

ADDRESS: _____ POST CODE _____

EMERGENCY TEL. NO. _____ EMAIL: _____

Any medical condition that could affect you on race day? _____

Disclaimer: I accept all conditions of entry to the Druridge Bay Half Marathon and understand that the organisers will not be responsible for any loss, injury, accident or damage to myself or to anyone with whom I am involved in consequence of my participation in this event. I will ensure that I am in good health on the day of the race, compete at my own risk and retire from the event if unwell.

Signature: _____ Date: _____

Send to Iain Singer, 197 Rosalind Street, Ashington, Northumberland, NE63 9BB enclosing 9x6" sae for number.
No sae, no entry. Enquiries to iain@iainsinger.wanadoo.co.uk

